

Radiogram 6901u Form 24 for 11/10/03

**Onboard Trainer Configuration Set up**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:20	FE-1	MO-8: Configuration set up.
06:10-06:20	CDR	Calf volume measurement
06:20-06:30	FE-1	
06:20-06:35	CDR	Body mass measurement
06:35-06:50	FE-1	
06:35-07:05	CDR	Post-sleep
06:50-07:00	FE-1	MO-8: Close out ops
07:00-07:30	FE-1	Post-sleep
07:05-07:55	CDR	BREAKFAST
07:30-08:20	FE-1	
08:30-09:00	.	Prep for work
09:00-09:15	.	Daily planning conference ( <i>S-band</i> )
09:15-11:45	FE-1	Onboard trainer configuration set up. Tag up with a specialist ( <i>S-band</i> )
10:45-11:45	CDR	Physical Exercise (TVIS)
11:45-12:45	FE-1	Physical Exercise (Load Training – cycle 1) day1
11:45-12:45	CDR	Crew time dedicated to station familiarization
12:45-13:45	.	LUNCH
13:45-14:25	CDR	Microbial analysis
14:25-14:45	CDR	Input of microbial sample data into MEC
14:45-15:15	CDR	EarthKAM: equipment deactivation and stowage
14:45-15:45	FE-1	Crew time dedicated to station familiarization
15:15-15:35	CDR	RENAL: equipment stowage
15:35-16:05	CDR	HRF (GASMAP) 30 days: CBT
15:45-16:15	FE-1	Maintenance of CO <sub>2</sub>
16:05-16:15	CDR	Equipment set up for PAO
16:15-16:25	.	PAO event set up
16:25-16:45	.	Conference with scientists from MSFC ( <i>Ku + S-band</i> )
16:45-17:05	.	EPO: Tool training for educational program
17:05-18:35	FE-1	Physical Exercise (TVIS) day 1
17:05-17:10	CDR	US LAB payload status check and monitoring
17:10-18:40	CDR	Physical Exercise (RED)
18:35-18:45	FE-1	Daily plan review
18:40-18:45	CDR	CSA-CP O <sub>2</sub> reading
18:45-19:00	.	Daily planning conference ( <i>S-band</i> )
19:00-19:30	.	Prep for work
19:30-20:00	.	DINNER (RENAL: pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

<b>Task List</b>	FE-1	Equipment search
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**Note:** See OSTP for references to US activities  
End of radiogram